PRO-FORM 20.0
CrossTrainer Elliptical

Serial Number Decal
(on underside of frame)

USER'S MANUAL

QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if parts are damaged or missing, PLEASE CONTACT OUR CUSTOMER SERVICE DEPARTMENT DIRECTLY.

CALL TOLL-FREE:

1-888-533-1333
Mon.–Fri., 6 a.m.–6 p.m. MST
Sat. 8 a.m.–5 p.m. MST

ON THE WEB:
www.proformservice.com

⚠ CAUTION

Read all precautions and instructions in this manual before using this equipment. Keep this manual for future reference.
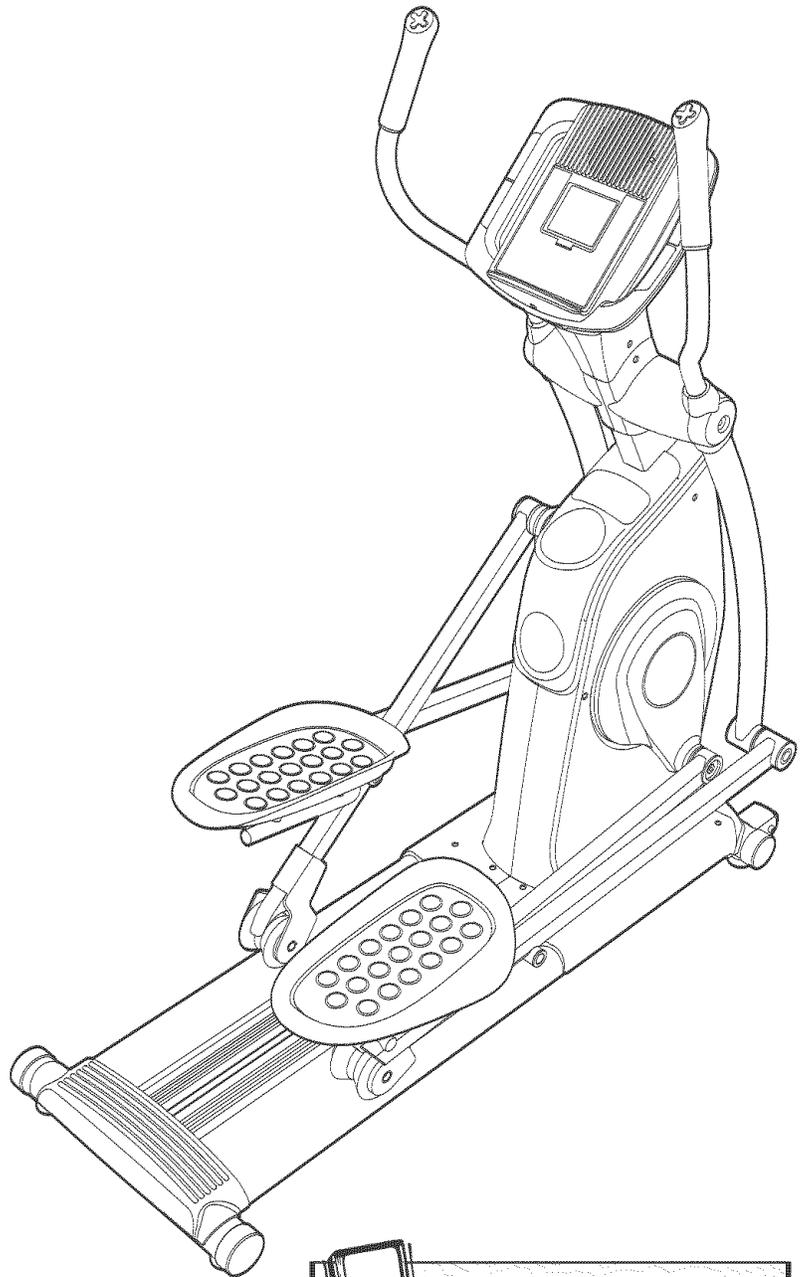
Visit our website at

www.proform.com
new products, prizes, fitness tips, and much more!

PRO-FORM® 20.0
CrossTrainer Elliptical

TABLE OF CONTENTS

IMPORTANT PRECAUTIONS

⚠ **WARNING:** To reduce the risk of serious injury, read the following important precautions before using the elliptical exerciser.

1. Read all instructions in this manual and all warnings on the elliptical exerciser before using the elliptical exerciser. Use the elliptical exercise only as described in this manual.

2. It is the responsibility of the owner to ensure that all users of the elliptical exerciser are adequately informed of all precautions.

3. The elliptical exerciser is intended for home use only. Do not use the elliptical exerciser in a commercial, rental, or institutional setting.

4. Keep the elliptical exerciser indoors, away from moisture and dust. Place the elliptical exerciser on a level surface, with a mat beneath it to protect the floor or carpet. Make sure that there is enough clearance around the elliptical exerciser to mount, dismount, and use it.

5. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.

6. Keep children under age 12 and pets away from the elliptical exerciser at all times.

7. The elliptical exerciser should not be used by persons weighing more than 250 lbs. (124 kg).

8. Wear appropriate exercise clothes while using the elliptical exerciser. Always wear athletic shoes for foot protection while exercising.

9. Hold the handgrip pulse sensor or the handlebars when mounting, dismounting, or using the elliptical exerciser.

10. The pulse sensor is not a medical device. Various factors may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.

11. Keep your back straight while using the elliptical exerciser; do not arch your back.

12. If you feel pain or dizziness while exercising, stop immediately and cool down.

13. When you stop exercising, allow the pedals to slowly come to a stop.

14. The decal shown below has been placed on the elliptical exerciser. If the decal is missing or illegible, call toll-free telephone number on the front cover of this manual and order a free replacement decal. Apply the decal in the location shown.

⚠**WARNING**
- Misuse of this machine may result in serious injury.
- Read user's manual prior to use and follow all warnings and instructions.
- Do not allow children on or around machine.
- Pedals continue to spin when you stop pedaling.
- Spinning pedals can cause injury.
- Reduce pedal speed in a controlled manner.
- User weight must not exceed 250 pounds.
- Replace label if damaged, illegible, or removed.

⚠ **WARNING:** Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

BEFORE YOU BEGIN

Thank you for selecting the revolutionary PROFORM® 20.0 CROSSTRAINER elliptical exerciser. The 20.0 CROSSTRAINER elliptical exerciser provides a wide array of features designed to make your workouts at home more effective and enjoyable.

For your benefit, read this manual carefully before you use the elliptical exerciser. If you have questions after reading this manual, please see the front cover of this manual. To help us assist you, note the product model number and serial number before con-

tacting us. The model number is PFEL7806.0. The serial number can be found on a decal attached to the elliptical exerciser (see the front cover of this manual for the location of the decal).

To avoid a registration fee for any service needed under warranty, you must register the elliptical exerciser at www.proformservice.com/registration.

Before reading further, please familiarize yourself with the parts that are labeled in the drawing below.

Fan

Handgrip Pulse Sensor

Console

Accessory Tray

Water Bottle Holder*

Pedal

Leveling Foot

Game Controller

Handlebar

Wheel

Leveling Foot

*No water bottle is included
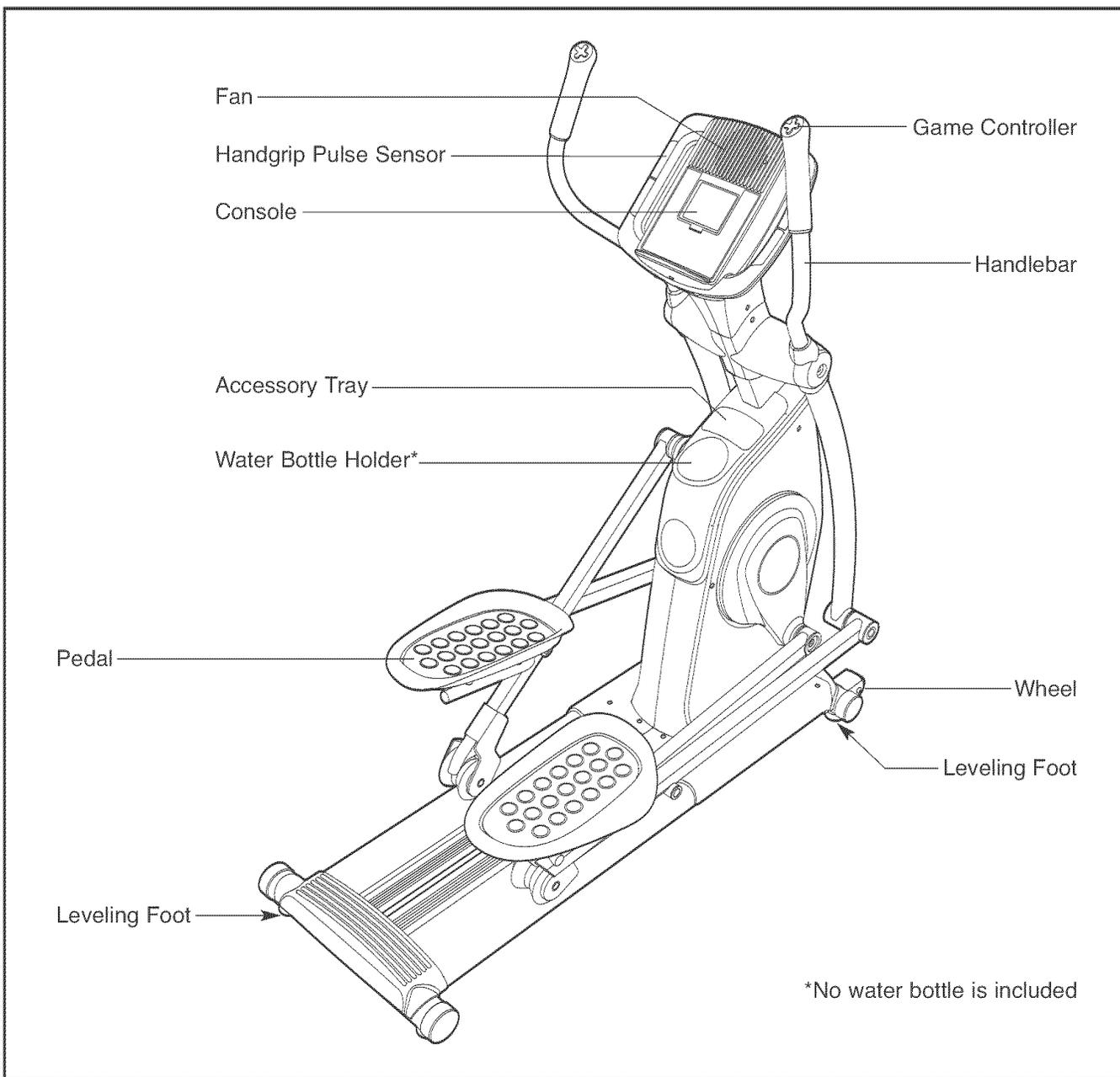
ASSEMBLY

To hire an authorized service technician to assemble the elliptical exerciser, call toll-free 1-800-445-2480.

Assembly requires two persons. Place all parts of the elliptical exerciser in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed. **In addition to the included hex keys, assembly requires a phillips screwdriver** ⬄, **an adjustable wrench** ⬄, **and a rubber mallet** ⬄.
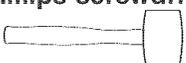
As you assemble the elliptical exerciser, use the drawings below to identify small parts. The number in parentheses below each drawing is the key number of the part, from the PART LIST on pages 20 and 21. The number following the parentheses is the quantity needed for assembly. **Note: Some small parts may have been preassembled. If a part is not in the parts bag, check to see if it has been preassembled.**
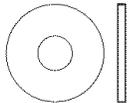
Star Washer (100)–3	M4 x 13mm Washer (93)–2	M6 Split Washer (88)–8	M8 x 15mm x 4.5mm Washer (99)–4	M8 Split Washer (72)–4	Wave Washer (98)–8
M10 x 20mm x 1mm Washer (81)–2	M10 x 20mm x 1.5mm Washer (84)–2	M10 x 20mm x 2mm Washer (92)–4	M10 x 25mm Washer (94)–4	M8 Nylon Locknut (96)–4	M10 Nylon Locknut (97)–2
M4 x 16mm Self-tapping Screw (79)–16	M4 x 16mm Screw (86)–8	M6 x 35mm Phillips Screw (87)–8		M8 x 42mm Bolt (71)–4	M8 x 16mm Button Screw (95)–3
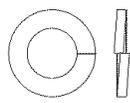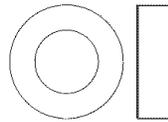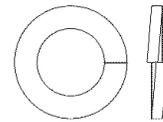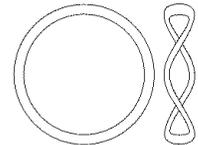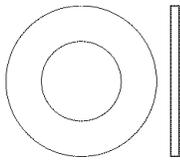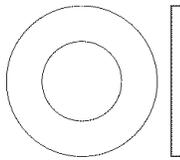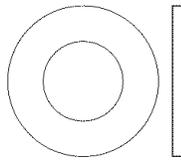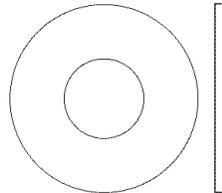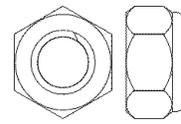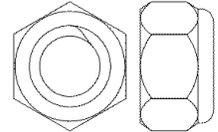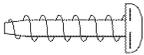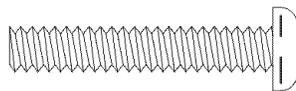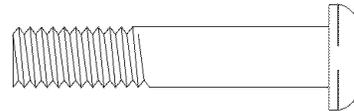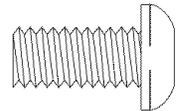
M8 x 75mm Button Screw (107)–4
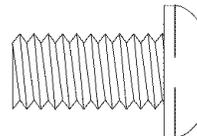
M10 x 20mm Button Screw (91)–4
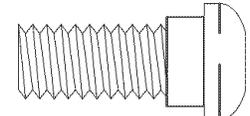
M10 x 23mm Shoulder Screw (80)–8
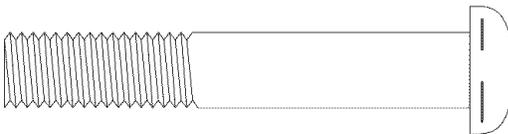
M10 x 62mm Bolt (89)–2
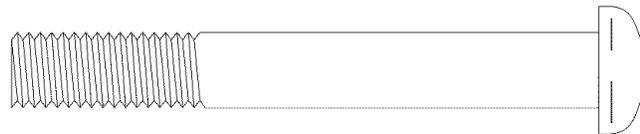
M10 x 78mm Button Screw (90)–2

1.

To make assembly easier, read the information on page 5 before you begin assembling the elliptical exerciser.

Orient the the Front Stabilizer (35) as shown. Attach the two Wheels (25) to the Front Stabilizer with two M10 x 62mm Bolts (89) and two M10 Nylon Locknuts (97).

Attach two Leveling Feet (26) to the underside of the Front Stabilizer (35).
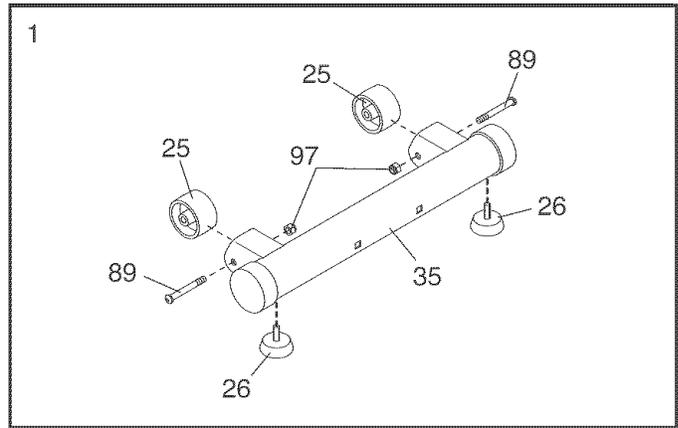
2. Have a second person tip the Frame (2) backward. Attach the Front Stabilizer (35) to the Frame with two M10 x 78mm Button Screws (90).
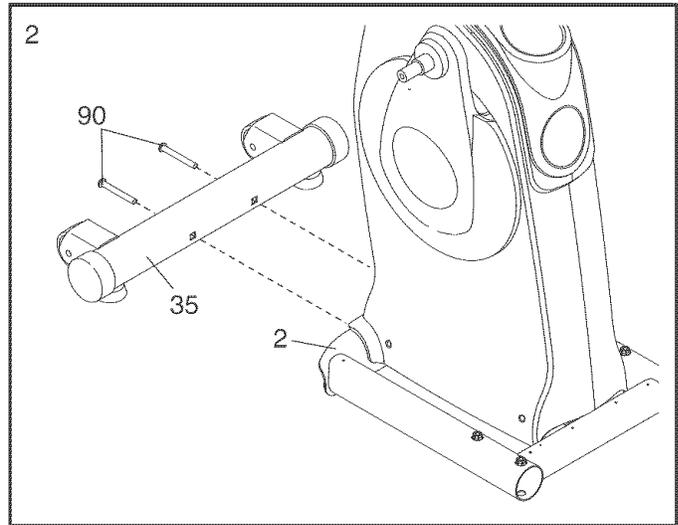
3. Position the Base (1) near the Frame (2) as shown. See the inset drawing. Attach two Leveling Feet (26) to the underside of the Base.

Have a second person tip the Frame (2) forward. Insert the Base (1) into the Frame. Attach the Base with four M8 x 75mm Button Screws (107), four M8 Split Washers (72), and four M8 x 15mm x 4.5mm Washers (99).

6
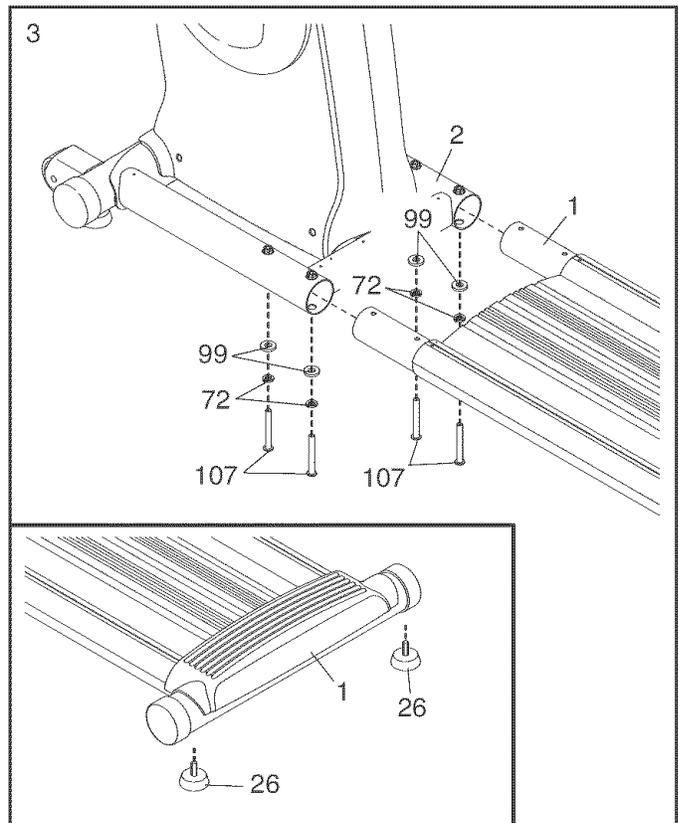
4. Hook the front ends of the Frame Covers (105, 106) together. Attach each Frame Cover to the Frame (2) with three M4 x 16mm Self-tapping Screws (79).
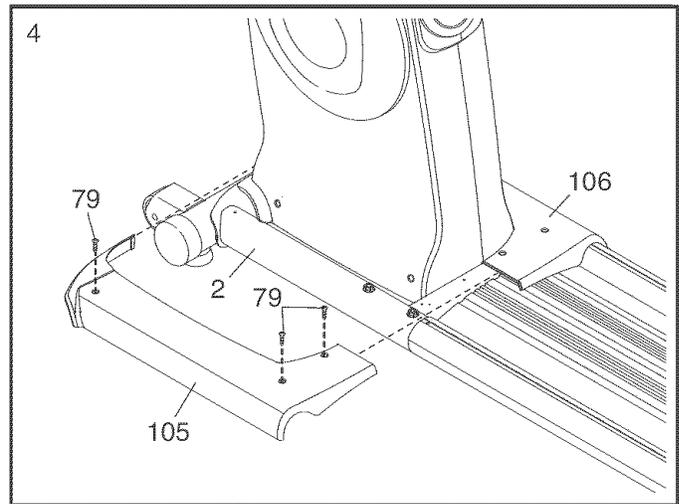
5. Have a second person hold the Upright (6) near the Frame (2) as shown.

Pull the Wire Harness (48) out of the Frame (2) and insert it upward through the Upright (6). Do not let the Wire Harness or the Controller Wires (110, 111) fall into the Upright; use a piece of tape or an elastic band to hold the wires in place until step 15.

Insert the Left and Right Controller Wires (110, 111) downward into the Frame (2). Pull the Right Controller Wire, which has a tag attached, out of the right side of the Frame. Then, pull the Left Controller Wire out of the left side of the Frame.

Insert the Upright (6) into the Frame (2). Attach the Upright with three M8 x 16mm Button Screws (95) and three Star Washers (100). **Avoid pinching the Wires (48, 110, 111) between the Upright and the Frame.**

Avoid pinching the wires during this step.
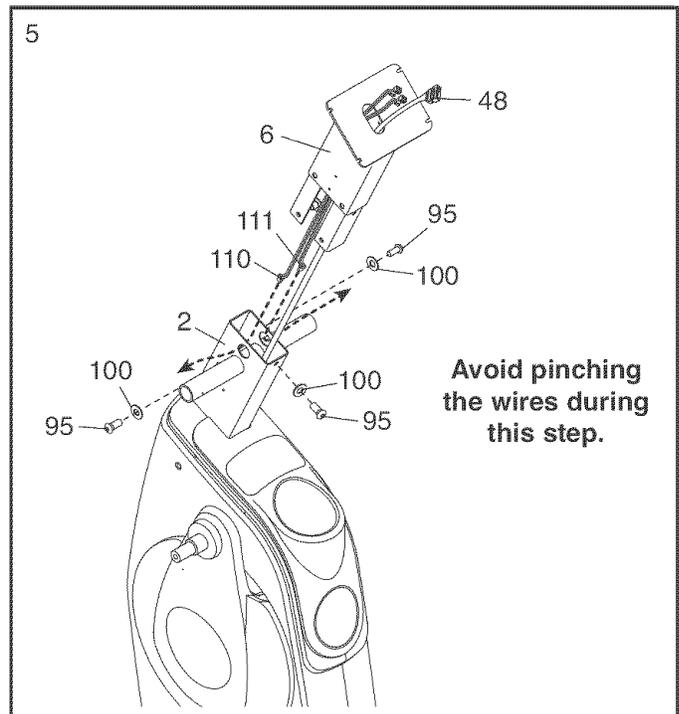
6. Orient the Left Roller Leg (12), which is marked with a "Left" sticker, near the left Crank Arm (36) as shown.

Apply a small amount of the included grease to both sides of a Wave Washer (98). Slide the Wave Washer onto the end of the left Crank Arm (36). Next, slide the Left Roller Leg (12) onto the Crank Arm and set the Roller (22) on the Base (1). Attach the Left Roller Leg with an M10 x 23mm Shoulder Screw (80), an M10 x 20mm x 1.5mm Washer (84), and a Crank Axle Cap (30).

Repeat this step to attach the Right Roller Leg (21) to the right Crank Arm (not shown).
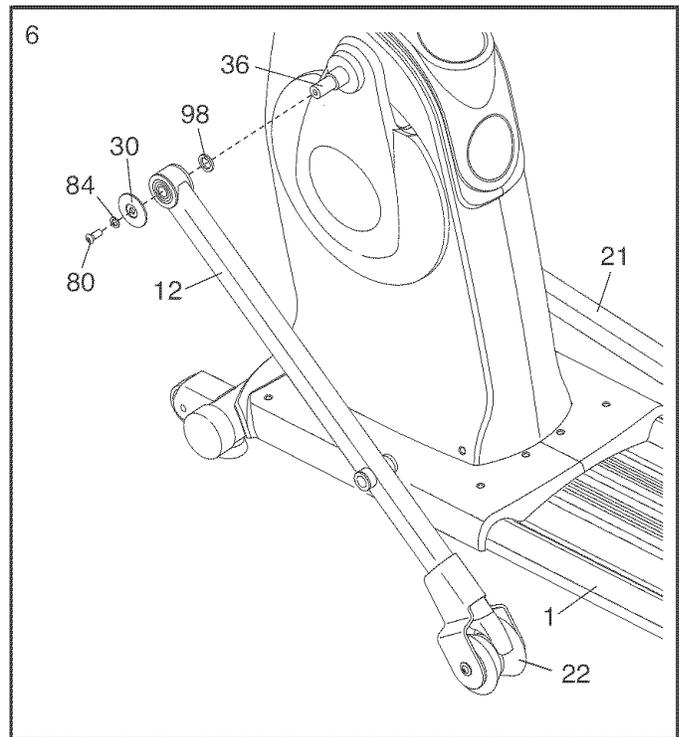
7. Identify the Left Handlebar (8), which is marked with a "Left" sticker. Insert the Left Handlebar into one of the Handlebar Legs (11) as shown.

Attach the Left Handlebar (8) with two M8 x 42mm Bolts (71) and two M8 Nylon Locknuts (96). **Make sure that the Nylon Locknuts are inside the hexagonal holes.**

Assemble the Right Handlebar and the other Handlebar Leg (not shown) in the same way.
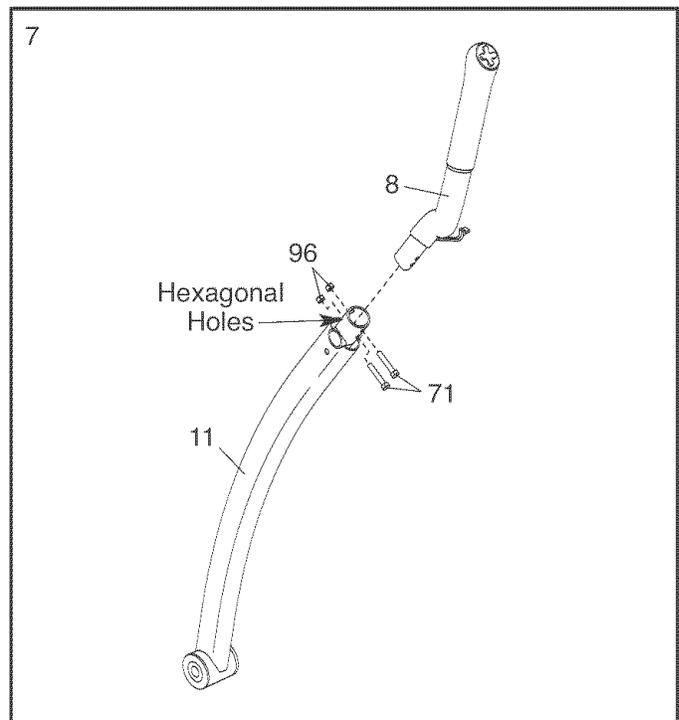
8. Position an Inner Handlebar Cover (18) and an Outer Handlebar Cover (19) around the Left Handlebar (8) as shown. Then, pull the Left Handlebar Wire (108) out of the Left Handlebar and insert it through the Inner Handlebar Cover.

Attach the Inner and Outer Handlebar Covers (18, 19) with three M4 x 16mm Self-tapping Screws (79) and an M4 x 13mm Washer (93). **Start all three Self-tapping Screws before tightening any of them. Avoid pinching the Left Handlebar Wire (108) during this step.**

Repeat this step for the Right Handlebar and the Right Handlebar Wire (not shown).
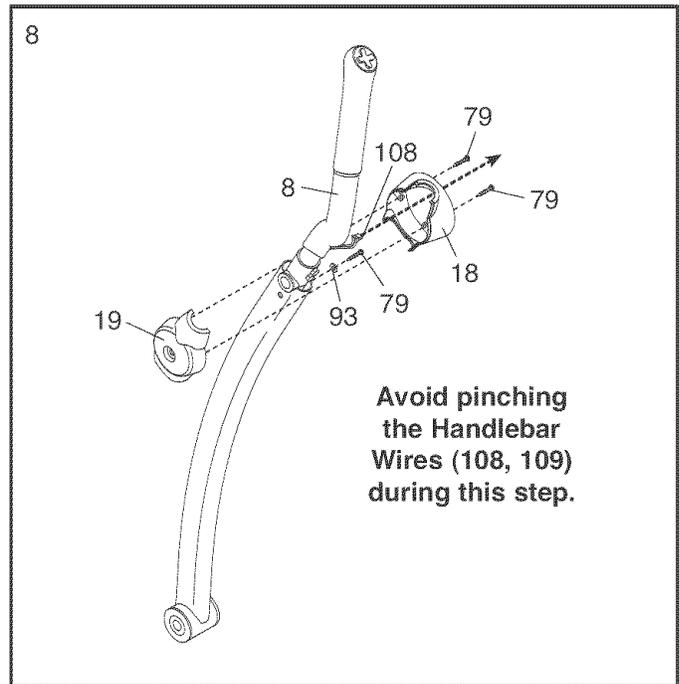
9. Apply a generous amount of grease to the Pivot Axle (65) and insert it into the Frame (2).

Pull the Left Controller Wire (110) through the left Frame Cover (17), and then pull the Right Controller Wire (111) through the right Frame Cover.

Attach each Frame Cover (17) to the Frame (2) with two M4 x 16mm Screws (86). **Avoid pinching the Controller Wires (110, 111) during this step.**
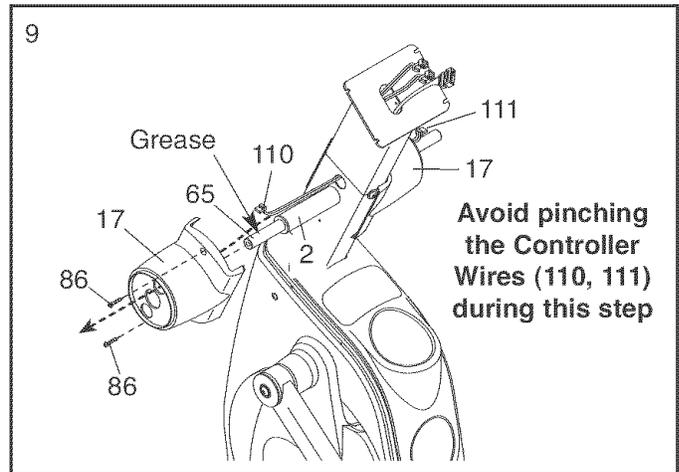
10. Connect the Left Handlebar Wire (108) to the Left Controller Wire (110). Insert the excess wire into the Left Handlebar (8).

Apply a small amount of grease to both sides of a Wave Washer (98). Slide the Wave Washer onto the left side of the Pivot Axle (65). Next, slide the Left Handlebar (8) onto the Pivot Axle as shown. Attach the Left Handlebar with an M10 x 23mm Shoulder Screw (80) and an M10 x 20mm x 1mm Washer (81). **Avoid pinching the wires during this step.**

**Repeat this step for the Right Handlebar (9).**
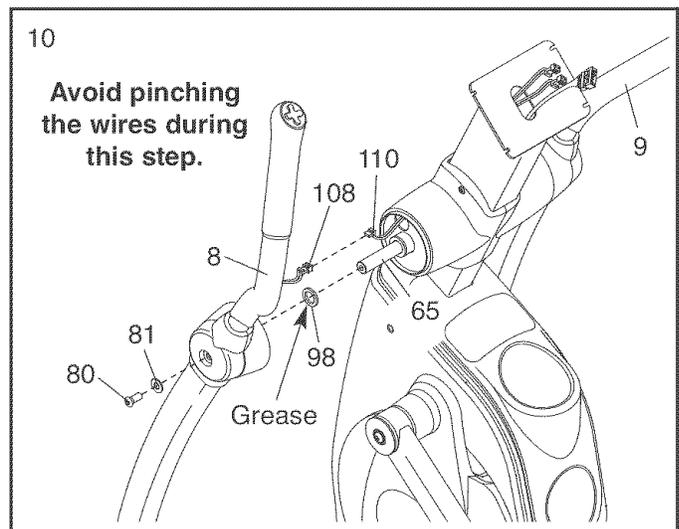
11. Identify the Left Pedal (13) and the Left Pedal Leg (14), which are marked with "Left" stickers, and orient them as shown.

Attach the Left Pedal (13) to the Left Pedal Leg (14) with four M6 x 35mm Phillips Screws (87) and four M6 Split Washers (88). **Start all four Phillips Screws before tightening any of them.**

**Repeat this step to attach the Right Pedal to the Right Pedal Leg (not shown).**
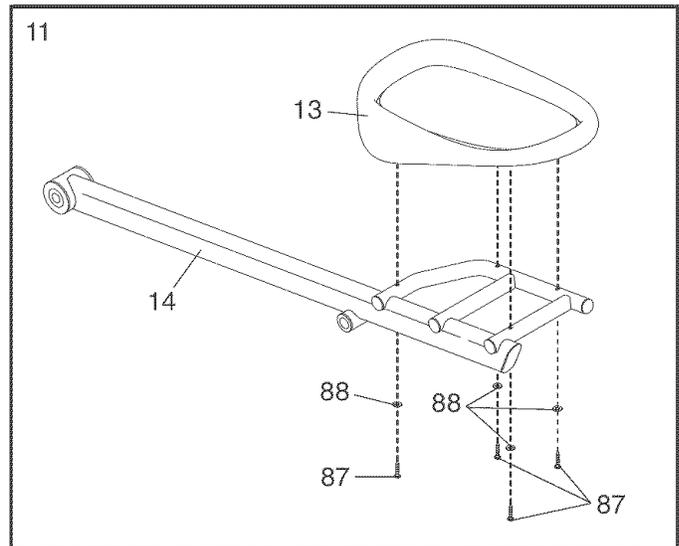
12. Apply a generous amount of grease to two Pedal Leg Axles (32). Insert one Pedal Leg Axle into the bottom of the Left Handlebar Leg (11). Insert the other Pedal Leg Axle into the Left Roller Leg (12).

Apply a small amount of grease to both sides of two Wave Washers (98). Place a Wave Washer on each Pedal Leg Axle (32).

Orient the Left Pedal Leg (14) as shown, and slide it onto the Pedal Leg Axles (32). Attach the Left Pedal Leg to the Left Handlebar Leg (11) with two M10 x 23mm Shoulder Screws (80), two M10 x 20mm x 2mm Washers (92), and two Axle Caps (31).

Attach the Left Pedal Leg (14) to the Left Roller Leg (12) with two M10 x 20mm Button Screws (91) and two M10 x 25mm Washers (94); **do not overtighten the Button Screws.** The Legs (11, 14, 12) must pivot freely.

Repeat this step for the Right Pedal Leg (not shown).
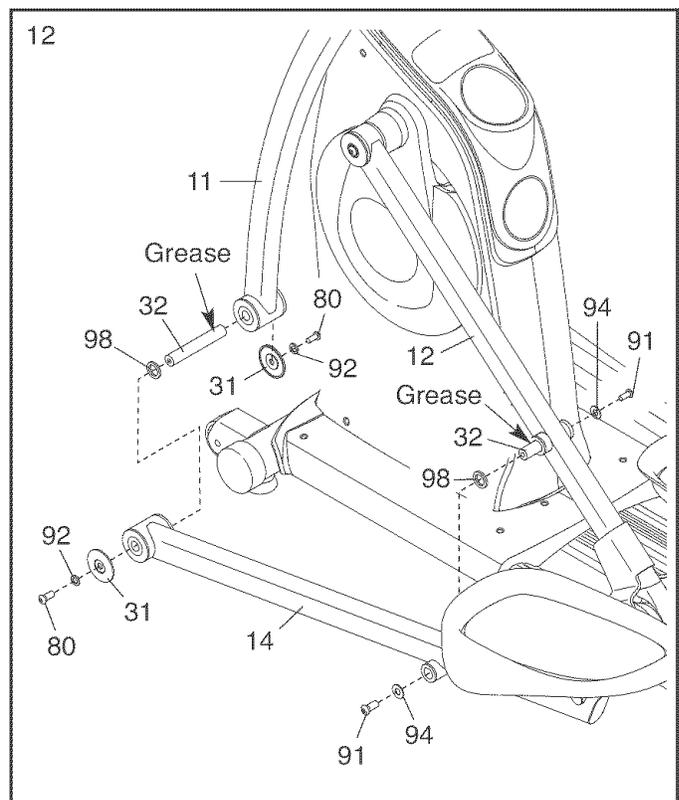
13. The Console (5) requires four 1.5V "D" batteries (not included); alkaline batteries are recommended. **IMPORTANT: If the ellipical exerciser has been exposed to cold temperatures, allow it to warm to room temperature before inserting batteries into the Console. If you do not do this, the console displays or other electronic components may become damaged.** Remove the battery cover and insert four batteries into the Console. Make sure that the batteries are oriented as shown at the right. Then, reattach the battery cover.

Note: The Console (5) can be operated with an optional power supply instead of batteries. **To purchase a power supply, call the toll-free telephone number on the front cover of this manual.** Plug one end of the power supply into the jack at the front of the elliptical exerciser. Plug the other end of the power supply into an appropriate outlet that is properly installed in accordance with all local codes and ordinances.

14. Have a second person hold the Console (5) near the Upright (6) as shown. Connect the console wire harness to the Wire Harness (48).

Connect the right wire, which has a tag attached, to the Right Controller Wire (111), which has a tag attached. Then, connect the left wire to the Left Controller Wire (110). Insert the excess wire downward into the Upright (6).

Attach the Console (5) to the Upright (6) with four M4 x 16mm Self-tapping Screws (79).

15. Attach the Left and Right Upright Covers (10, 64) to the Upright (6) with four M4 x 16mm Screws (86).
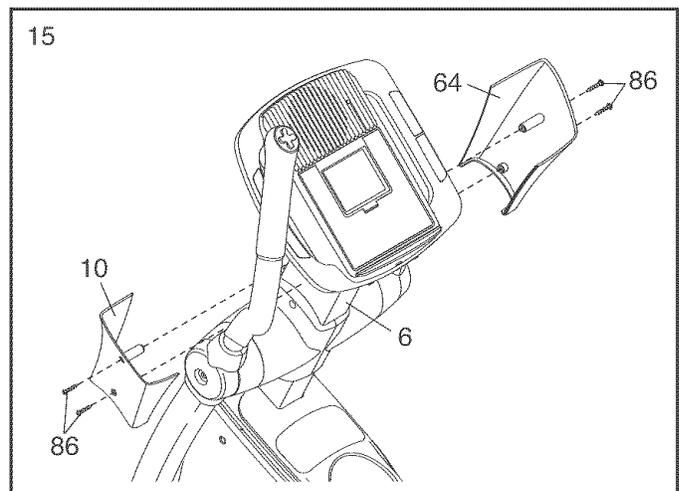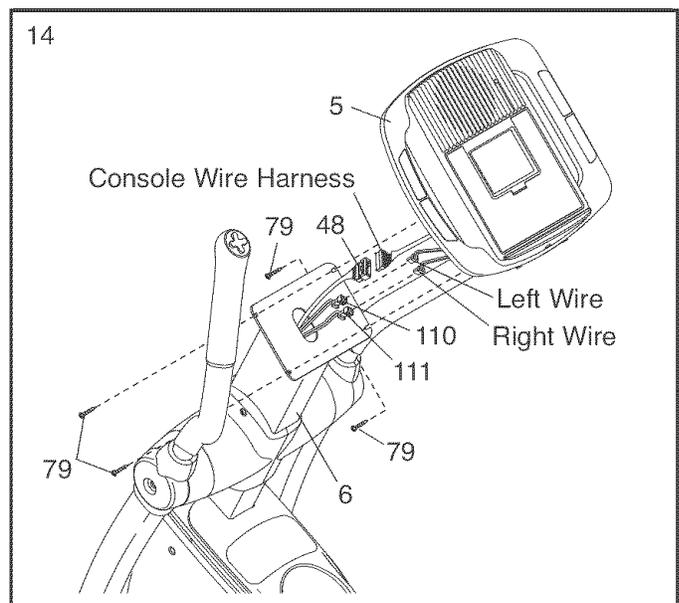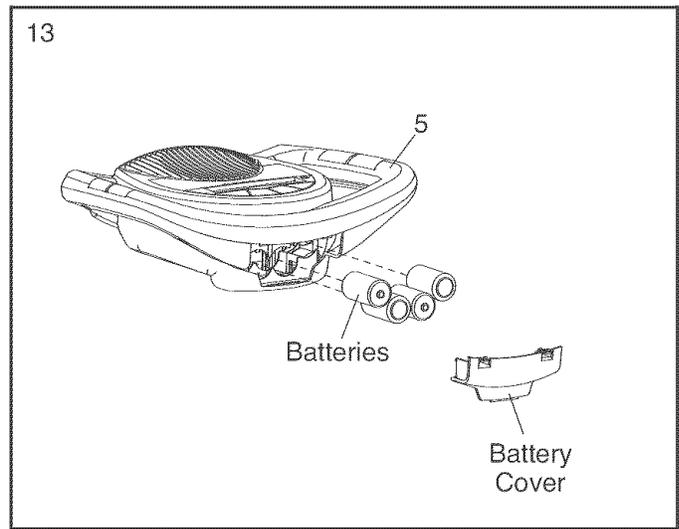
16. **Make sure that all parts of the elliptical exerciser are properly tightened.** Note: Some hardware may be left over after assembly is completed. To protect the floor or carpet from damage, place a mat under the elliptical exerciser.

HOW TO USE THE ELLIPTICAL EXERCISER

HOW TO MOVE THE ELLIPTICAL EXERCISER

Due to the size and weight of the elliptical exerciser, moving it requires two persons. Stand in front of the elliptical exerciser, hold the upright, and place one foot against one of the front wheels. Pull on the upright and have a second person lift the base until the elliptical exerciser will roll on the front wheels. Carefully move the elliptical exerciser to the desired location, and then lower it to the floor.
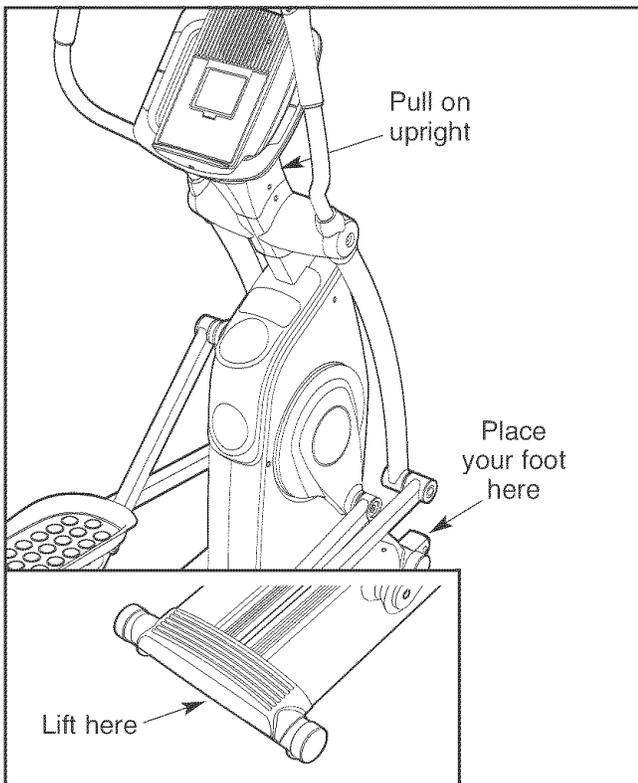
Pull on upright

Place your foot here

Lift here

HOW TO LEVEL THE ELLIPTICAL EXERCISER

If the elliptical exerciser rocks slightly on your floor during use, turn one or both of the leveling feet beneath the base or


Leveling Feet

beneath the front stabilizer until the rocking motion is eliminated.
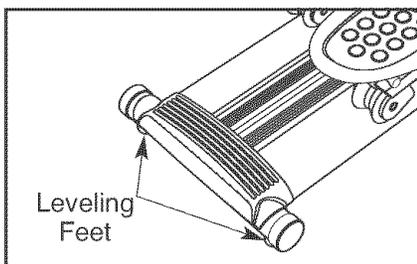
HOW TO EXERCISE ON THE ELLIPTICAL EXERCISER

To mount the elliptical exerciser, hold the handlebars and step onto the pedal that is in the lower position. Then, step onto the other pedal. Push the pedals until they begin to move with a continuous motion. **Note: The crank arm covers can turn in either direction. It is recommended that you turn the crank arm covers in the direction shown by the arrow below; however, for variety, you can turn the crank arm covers in the opposite direction.**

Handlebars

Crank Arm Cover
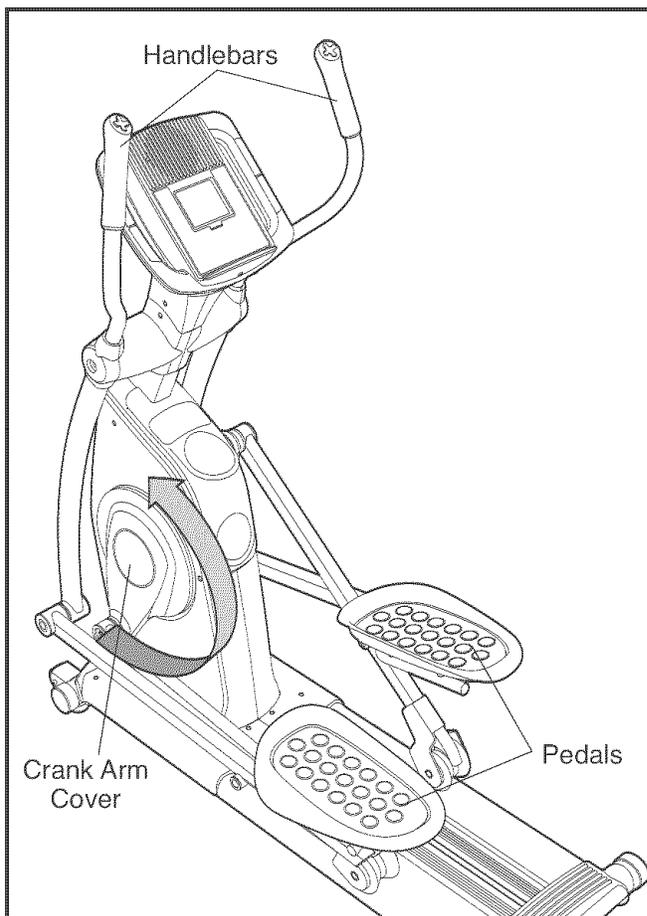
Pedals

To dismount the elliptical exerciser, wait until the pedals come to a complete stop. **Note: The elliptical exerciser does not have a free wheel; the pedals will continue to move until the flywheel stops.** When the pedals are stationary, step off the higher pedal first. Then, step off the lower pedal.

CONSOLE DIAGRAM
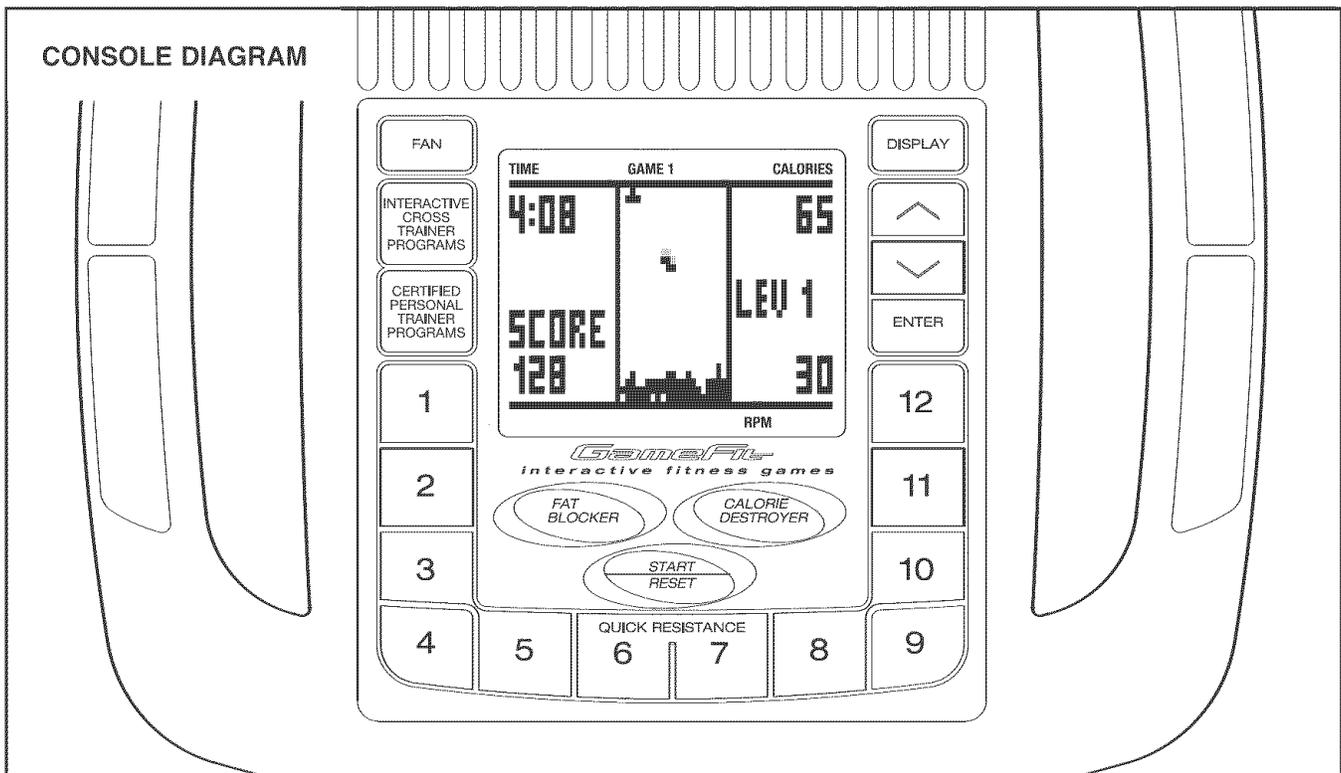
FEATURES OF THE CONSOLE

The revolutionary console offers an array of features designed to make your workouts more effective and enjoyable. When you use the manual mode of the console, you can change the resistance of the pedals with the touch of a button. While you exercise, the console will display continuous exercise feedback. You can also measure your heart rate using the handgrip pulse sensor.

Interactive Cross Trainer Programs
The console features nine interactive cross trainer programs designed to help you to burn calories and develop your cardiovascular system while toning and strengthening your muscles. The cross trainer programs automatically control the resistance of the pedals and prompt you to perform a variety of strength exercises during your workout. Choose an upper body, lower body, or total body cross trainer program to focus your workout. Note: The strength exercises require the use of dumbbells and an inflatable exercise ball (not included). **To purchase dumbbells or an exercise ball, call the toll-free telephone number on the front cover of this manual.**

Smart Programs
In addition, the console offers three smart programs. Each program automatically changes the resistance of the pedals and prompts you to vary your pedaling pace as it guides you through an effective workout.

Heart Rate Programs
The console also offers two heart rate programs that automatically control the resistance of the pedals and prompt you to maintain a constant pedaling pace to keep your heart rate near target heart rate settings during your workouts.

Interactive Games
The console features two motivational interactive games. Using the dual game controllers, play the challenging Fat Blocker™ game or the fast-paced Calorie Destroyer™ game during your workouts—the harder you exercise, the greater the advantage you will have! The console keeps track of the four highest scores for each game—compete with other users or try to top your own high score.

Stereo Sound System
You can even connect your MP3 player or CD player to the console's stereo sound system and listen to your favorite music or audio books while you exercise.

To use the manual mode of the console, follow the steps beginning on page 14. **To use a cross trainer program,** see page 15. **To use a smart program,** see page 17. **To use a heart rate program,** see page 18. **To play the Fat Blocker game,** see page 19. **To play the Calorie Destroyer game,** see page 20. **To use the stereo sound system,** see page 21.

HOW TO USE THE MANUAL MODE

Note: If there is a sheet of clear plastic on the face of the console, remove the plastic.

1 **Begin pedaling or press any button on the console to turn on the console.**

A moment after you begin pedaling or press a button, the display will light.

**2** **Select the manual mode.**

Each time you turn on the console, the manual mode will be selected. If you have selected a program, reselect the manual mode by pressing either of the Programs buttons repeatedly until the words MANUAL MODE appear in the lower left corner of the display.

```
MANUAL MODE
```

3 **Change the resistance of the pedals as desired.**

As you pedal, change the resistance of the pedals by pressing any of the Quick Resistance buttons numbered 1 through 12. Note: After you press the buttons, it will take a moment for the pedals to reach the selected resistance level.

```
RESISTANCE: 5
```

4 **Follow your progress with the display.**

The upper left corner of the display will show the elapsed time. Note: When a program is selected, the display will show the time remaining in the program instead of the elapsed time.

```
TIME               CALORIES
3:32               62.2

281                30
DISTANCE           RPM
```
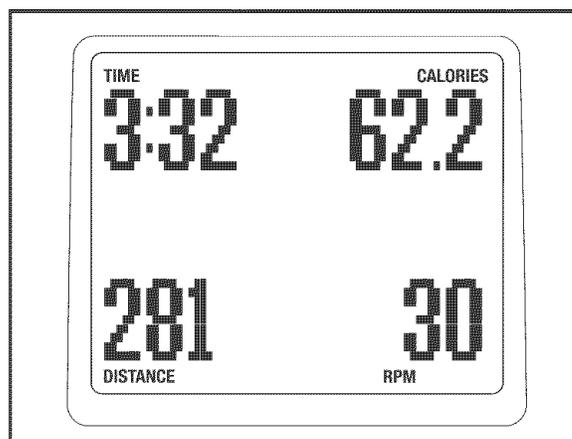
The lower left corner of the display will show the distance, in total revolutions, you have pedaled.

The upper right corner of the display will show the approximate number of calories you have burned. The upper right corner of the display will also show your heart rate when you use the handgrip pulse sensor (see step 5 on page 15).

The lower right corner of the display will show your pedaling pace in revolutions per minute (rpm).

The center of the display will show the resistance setting of the pedals for a few seconds each time the resistance setting changes.

You can also view selected information at a larger size. Press the Display button repeatedly to view time and distance information, time and calorie information, or time and pace information. Press the Display button again to view all information. To reset the display information, press the Start/Reset button.

The console has three backlight options. The "On" option keeps the backlight on while the console is on. To conserve the batteries, the "Auto" option keeps the backlight on only while you are pedaling. The "Off" option turns the backlight off. To select a backlight option, first press and hold down the Certified Personal Trainer Programs button for several seconds. Next, press the increase button to select the desired backlight option. Then, press the Certified Personal Trainer Programs button to save your selection.

5 **Measure your heart rate if desired.**

If there are sheets of clear plastic on the metal contacts on the handgrip pulse sensor, remove the plastic. To measure your heart rate, hold the handgrip pulse sensor with your palms resting against the metal contacts. **Avoid moving your hands or gripping the contacts too tightly.**
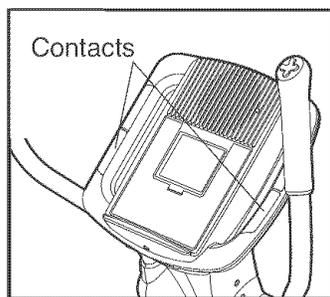
Contacts

When your pulse is detected, one, two, or three dashes will appear in the display, and then your heart rate will appear. For the most accurate heart rate reading, hold the contacts for at least 15 seconds. Note: If you continue to hold the handgrip pulse sensor, the display will show your heart rate for up to 30 seconds.

If the display does not show your heart rate, make sure that your hands are positioned as described. Be careful not to move your hands excessively or to squeeze the metal contacts too tightly. For optimal performance, clean the metal contacts using a soft cloth; **never use alcohol, abrasives, or chemicals to clean the contacts.**

6 **Turn on the fan if desired.**

To turn on the fan at low speed, press the Fan button once. To turn on the fan at high speed, press the Fan button a second time. To turn off the fan, press the Fan button a third time.

7 **When you are finished exercising, the console will turn off automatically.**

If the pedals do not move for several seconds, a tone will sound and the console will pause. If the pedals do not move for several minutes and the buttons are not pressed, the console will turn off and the display will be reset.

## HOW TO USE A CROSS TRAINER PROGRAM

1 **Begin pedaling or press any button on the console to turn on the console.**

A moment after you begin pedaling or press a button, the display will light.

2 **Select a cross trainer program.**

To select one of the nine cross trainer programs, press the Interactive Cross Trainer Programs button repeatedly until Program 1, 2, 3, 4, 5, 6, 7, 8, or 9 appears in the display. The program time and a profile of the resistance settings for the program will also appear in the display.

Profile
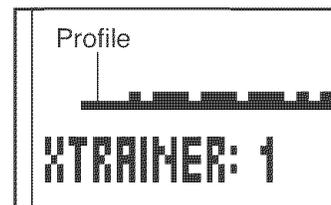
XTRAINER: 1

After a moment, the voice of a personal trainer will welcome you to the program and guide you through the workout. To adjust the volume level of the speakers, press the increase and decrease buttons until the desired volume level is selected. There are five volume levels.

3 **Begin pedaling to start the program.**

Each program is divided into either 30 or 45 one-minute segments. One resistance setting and one target rpm (pace) setting are programmed for most segments. (Note: The same resistance and/or target rpm setting may be programmed for two or more consecutive segments.) During other segments, the console will prompt you to perform strength exercises.

The resistance setting and the target rpm for the first segment will appear in the center of the display for a few seconds. The resistance setting will then be indicated by the height of the flashing column of the profile in the display. The resistance settings for the next several segments will be indicated by the heights of the columns to the right of the flashing column.

When the first segment of the program ends, the resistance setting and the target rpm for the second segment will appear in the center of the display for a few seconds to alert you. The entire profile will then shift one column to the left, and the pedals will automatically adjust to the resistance setting for the second segment.

15

As you exercise, you will be prompted to keep your pedaling pace near the target rpm setting for the current segment. When an upward arrow appears in the display, increase your pace. When a downward arrow appears in the display, decrease your pace. When no arrows appear, maintain your current pace.

Important: The target rpm settings are intended only to provide motivation. Your actual pace may be slower than the target rpm settings. Make sure to exercise at a pace that is comfortable for you.

If the resistance setting for the current segment is too high or too low, you can manually override the setting by pressing the Quick Resistance buttons. **Important: When the current segment of the program ends, the pedals will automatically adjust to the resistance setting for the next segment.**

4 Perform the first strength exercise when prompted.

When the first strength exercise segment begins, the name of the first strength exercise will appear in the display for a few seconds. The time will pause and flash in the display.

Step off the elliptical exerciser and prepare to begin the first strength exercise. Perform repetitions of the exercise as directed by the personal trainer. Exercise with a slow, steady motion; do not perform more than one repetition during each interval indicated by the personal trainer. The display will also count the repetitions as you perform them.

Note: Refer to the accompanying exercise chart to see the correct form for each exercise. When performing lunges, alternate legs with each repetition. When performing dumbbell rows, perform half the repetitions with your right arm and half the repetitions with your left arm. The strength exercises require the use of dumbbells and an inflatable exercise ball (not included). **To purchase dumbbells or an exercise ball, call the toll-free telephone number on the front cover of this manual.**

5 Continue the cross trainer program.

When you have performed the recommended number of repetitions, the words START STRID-ING will appear in the display. To continue the cross trainer program, step onto the exerciser and start pedaling. The pedals will automatically adjust to the resistance setting for the next segment.

The program will continue in this way until the last segment ends. To stop the program at any time, stop pedaling. A tone will sound and the time will begin to flash in the display. To restart the program, simply resume pedaling.

6 Follow your progress with the display.

See step 4 on page 14.

7 Measure your heart rate if desired.

See step 5 on page 15.

8 Turn on the fan if desired.

See step 6 on page 15.

9 When you are finished exercising, the console will turn off automatically.

See step 7 on page 15.

16

HOW TO USE A SMART PROGRAM

■1 **Begin pedaling or press any button on the console to turn on the console.**

A moment after you begin pedaling or press a button, the display will light.

■2 **Select a smart program.**

To select one of the three smart programs, press the Certified Personal Trainer Programs button repeatedly until Program 1, 2, or 3 appears in the display. The program time and a profile of the resistance settings for the program will also appear in the display.

```
┌─────────────────────────┐
│ | Profile                │
│ |      ▄▄█▄              │
│      ▄██████▄▄           │
│    ▄███████████▄▄        │
│                          │
│ PROGRAM: 1               │
│                          │
└─────────────────────────┘
```
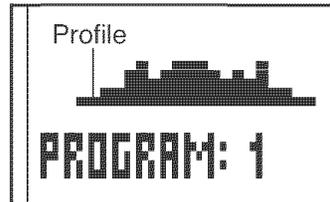
■3 **Begin pedaling to start the program.**

Each program is divided into 20, 30, or 45 one-minute segments. One resistance setting and one target rpm (pace) setting are programmed for each segment. Note: The same resistance and/or target rpm setting may be programmed for two or more consecutive segments.

The resistance setting and the target rpm for the first segment will appear in the center of the display for a few seconds. The resistance setting will then be indicated by the height of the flashing column of the profile in the display. The resistance settings for the next several segments will be indicated by the heights of the columns to the right of the flashing column.

When the first segment of the program ends, the resistance setting and the target rpm for the second segment will appear in the center of the display for a few seconds to alert you. The entire profile will then shift one column to the left, and the pedals will automatically adjust to the resistance setting for the second segment.

As you exercise, you will be prompted to keep your pedaling pace near the target rpm setting for the current segment. When an upward arrow appears in the display, increase your pace. When a downward arrow appears in the display, decrease your pace. When no arrows appear, maintain your current pace.

```
┌─────────────────────────┐
│ ▄▄▄▄ ▄▄  ▄▄ ▄           │
│                          │
│    ╋ ┌┐ ┌┐               │
│    ╋ └┘ └┘               │
│         RPM              │
└─────────────────────────┘
```

Important: The target rpm settings are intended only to provide motivation. Your actual pace may be slower than the target rpm settings. Make sure to exercise at a pace that is comfortable for you.

If the resistance setting for the current segment is too high or too low, you can manually override the setting by pressing the Quick Resistance buttons. **Important: When the current segment of the program ends, the pedals will automatically adjust to the resistance setting for the next segment.**

The program will continue in this way until the last segment ends. To stop the program at any time, stop pedaling. A tone will sound and the time will begin to flash in the display. To restart the program, simply resume pedaling.

■4 **Follow your progress with the display.**

See step 4 on page 14.

■5 **Measure your heart rate if desired.**

See step 5 on page 15.

■6 **Turn on the fan if desired.**

See step 6 on page 15.

■7 **When you are finished exercising, the console will turn off automatically.**

See step 7 on page 15.

17

HOW TO USE A HEART RATE PROGRAM

1 Begin pedaling to turn on the console.

A moment after you turn on the console, the display will light.

2 Select a heart rate program.

To select one of the two heart rate program, press the Certified Personal Trainer Programs button repeatedly until Heart Rate 1 or 2 appears in the display. The program time and a profile of the target heart rate settings for the program will also appear in the display.

3 Enter a target heart rate setting.

When you select a heart rate program, the maximum target heart rate setting will flash in the center of the display. If desired, use the increase and decrease buttons to change the maximum target heart rate setting, and then press the Enter button. Note: If you change the maximum target heart rate setting, the intensity level of the entire program will change.

```
ADJUST MAX
HEART RATE
110
```
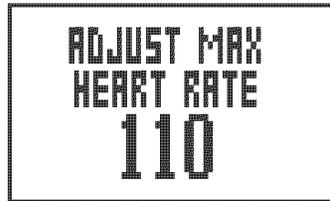
4 Hold the handgrip pulse sensor.

It is not necessary to hold the handgrip pulse sensor continuously during a heart rate program; however, you should hold the handgrip pulse sensor frequently for the program to operate properly. **Each time you hold the handgrip pulse sensor, keep your hands on the metal contacts for at least 30 seconds.**

**5 Begin pedaling to start the program.**

Each heart rate program is divided into either 20 or 30 one-minute segments. One target heart rate setting is programmed for each segment. Note: The same target heart rate setting may be programmed for two or more consecutive segments.

The target heart rate setting for the first segment will be indicated by the height of the flashing column of the profile in the display. The target heart rate settings for the next several segments will be indicated by the heights of the columns to the right of the flashing column.

When the first segment of the program ends, the entire profile will shift one column to the left. The target heart rate setting for the second segment will then be shown in the flashing column of the profile.

As you pedal, the console will regularly compare your heart rate to the target heart rate setting. If your heart rate is too far below or above the target heart rate setting, the resistance of the pedals will automatically increase or decrease to bring your heart rate closer to the target heart rate setting.

You will also be prompted to pedal at a steady pace. When an upward arrow appears in the display, increase your pace. When a downward arrow appears in the display, decrease your pace. When no arrows appear in the display, maintain your current pace.

```
↑ 38
RPM
```
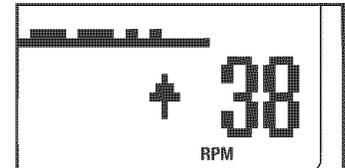
Important: Make sure to exercise at a pace that is comfortable for you. Note: You can manually override the resistance settings; however, you may not maintain the target heart rate. Also, when the console compares your heart rate to the target heart rate setting, the resistance of the pedals may automatically increase or decrease to bring your heart rate closer to the target heart rate setting.

The program will continue in this way until the last segment ends. To stop the program at any time, stop pedaling. A tone will sound and the time will begin to flash in the display. To restart the program, simply resume pedaling.

6 Follow your progress with the display.

See step 4 on page 14.

7 Measure your heart rate if desired.

See step 5 on page 15.

8 Turn on the fan if desired.

See step 6 on page 15.

9 When you are finished exercising, the console will turn off automatically.

See step 7 on page 15.

18

HOW TO PLAY THE FAT BLOCKER GAME

The Fat Blocker game requires quick thinking and fast reflexes. In addition to the console buttons, you will use the four-button game controllers on the handlebar to play the game. Follow the steps below to play the Fat Blocker game.

1 Begin pedaling or press any button on the console to turn on the console.

A moment after you begin pedaling or press a button, the display will light.

2 Select the Fat Blocker game.

To select the Fat Blocker game, press the Fat Blocker button. The words FAT BLOCKER will appear at the top of the display.

3 Pedal to start the game.

When you start the Fat Blocker game, a game arena will appear in the center of the display.
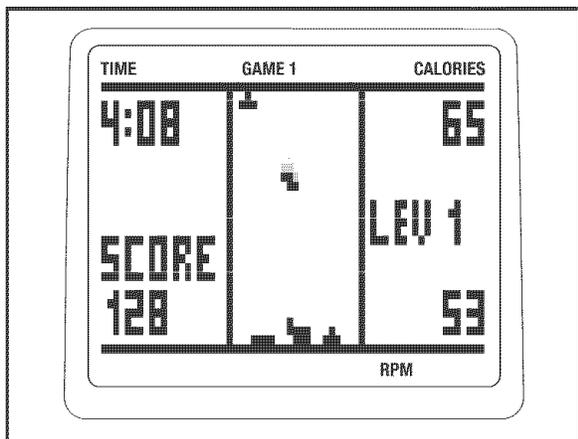
A block composed of four or five black squares will slowly move downward until it reaches the bottom of the arena. Another block will then move downward. There are blocks of eight different shapes. As each block falls, you can move it to the left or right using the left and right buttons on the left controller. In addition, you can rotate the block counterclockwise or clockwise using the left and right buttons on the right controller. Once you have positioned and oriented a block, you can speed its motion to the bottom of the arena, if desired, by pressing the down button on either controller.

Your goal is to maneuver the blocks so that they form a complete row of black squares across the entire arena.
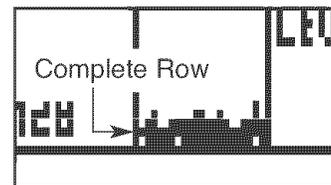
Each time you complete a row of black squares, the row will disappear, and all blocks above will move downward one row.

As you play, the blocks will fall faster and faster; however, your pedaling pace will affect the speed of the blocks—the faster you pedal, the more slowly the blocks will fall, giving you extra time to position and orient the blocks. The game will continue until any part of a stacked block reaches the top of the arena.

When the game ends, the display will show your final score and the level of play that you reached. The display will then show the four highest scores recorded since the scores were reset. If desired, press and hold down the right button on either controller to reset the scores. Note: If your score is one of the four highest, the display will prompt you to enter a name consisting of three letters or digits. While the line below the first letter is flashing, press the up and down buttons on either controller to select the desired letter or digit. Next, press the right button on either controller and select another letter or digit. Repeat this process to select a third letter or digit. Then, press the right button on either controller again. The display will then show the four highest scores recorded since the scores were reset.

4 Follow your progress with the display.

While you exercise and play the Fat Blocker game, the corners of the display will show the elapsed time, the approximate number of calories you have burned, and your pedaling pace. In addition, the display will show your current score and the game level that you have reached.

To pause the game, press the Display button. To resume the game, press the Display button repeatedly until the words FAT BLOCKER appear at the top of the display, and then begin pedaling.

5 When you are finished exercising, the console will turn off automatically.

See step 7 on page 15.

The Calorie Destroyer game is a fast-paced game that pits you against a squadron of laser-firing drones. In addition to the console buttons, you will use the four-button game controllers on the handlebar to play the game. Follow the steps below to play the Calorie Destroyer game.

1 Begin pedaling or press any button on the console to turn on the console.

A moment after you begin pedaling or press a button, the display will light.

2 Select the Calorie Destroyer game.

To select the Calorie Destroyer game, press the Calorie Destoyer button. The word DESTROYER will appear at the top of the display.

3 Pedal to start the game.

When you start the Calorie Destroyer game, a game arena will appear in the display. Three rows of drones will begin to move across the top of the arena, periodically firing their lasers downward. Each time the drones reach the left or right side of the arena, they will reverse direction and move downward.
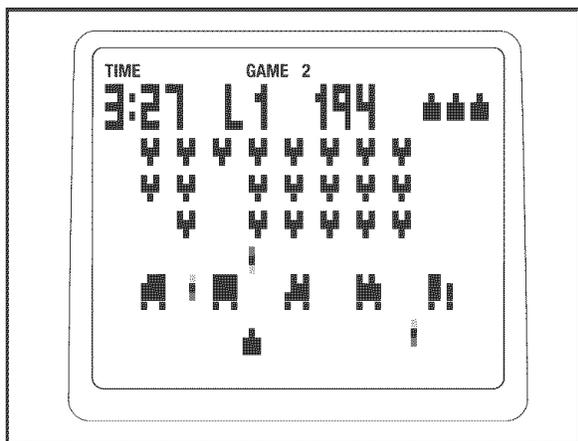
At the bottom of the arena is a laser blaster. You can fire the laser blaster at the drones by pressing the up button on either controller. In addition, while you are pedaling, you can move the laser blaster to the left or right using the left and right buttons on either controller. The faster you pedal, the faster the laser blaster will move.

Between the drones and the laser blaster are five shields. You can hide the laser blaster below a shield if desired. However, each time a shield is hit by a laser, a piece will be vaporized.

Your goal is to keep the laser blaster from being hit and to keep any drone from reaching the bottom of the arena. If the laser blaster is hit, it will be disabled and another laser blaster will appear in its place; there are a total of four laser blasters. If you vaporize the entire squadron of drones, a new squadron will appear.

As you play, the drones will move faster and faster. The game will continue until all four laser blasters are disabled or a drone reaches the bottom of the arena.

When the game ends, the display will show the level of play that you reached and your final score. The display will then show the four highest scores recorded since the scores were reset. If desired, press and hold down the right button on either controller to reset the scores. Note: If your score is one of the four highest, the display will prompt you to enter a name consisting of three letters or digits. While the line below the first letter is flashing, press the up and down buttons on either controller to select the desired letter or digit. Next, press the right button on either controller and select another letter or digit. Repeat this process to select a third letter or digit. Then, press the right button on either controller again. The display will then show the four highest scores recorded since the scores were reset.

4 Follow your progress with the display.

While you exercise and play the Calorie Destroyer game, the upper left corner of the display will show the elapsed time. In addition, the display will show the game level that you have reached and your current score.

To pause the game, press the Display button. To resume the game, press the Display button repeatedly until the word DESTROYER appears at the top of the display, and then begin pedaling.

5 When you are finished exercising, the console will turn off automatically.

See step 7 on page 15.

To play your own music or audio books through the console's stereo sound system while you exercise, first locate the jack under the ledge on the console. Plug an audio cable (not included) into the jack on the console and into a jack on your MP3 player or CD player; **make sure that the audio cable is fully plugged in.**

Next, press the play button on your MP3 player or CD player. Adjust the volume of the speakers using the volume control on your MP3 player or CD player.

MAINTENANCE AND TROUBLESHOOTING

Inspect and tighten all parts of the elliptical exerciser regularly. Replace any worn parts immediately.

To clean the elliptical exerciser, use a damp cloth and a small amount of mild soap. Make sure to regularly clean the rollers and the track on which the rollers ride. **Important: To avoid damage to the console, keep liquids away from the console and keep the console out of direct sunlight.**

CONSOLE TROUBLESHOOTING

If the console display becomes dim, the batteries should be replaced; most console problems are the result of low batteries. See assembly step 13 on page 11 for replacement instructions.

HANDGRIP PULSE SENSOR TROUBLESHOOTING

If the console does not display your heart rate when you hold the handgrip pulse sensor, or if the displayed heart rate appears to be too high or too low, see step 5 on page 15.

HOW TO LEVEL THE ELLIPTICAL EXERCISER

If the elliptical exerciser rocks slightly on your floor during use, see HOW TO LEVEL THE ELLIPTICAL EXERCISER on page 12.

HOW TO ADJUST THE DRIVE BELT

If the pedals slip while you are pedaling, even while the resistance is adjusted to the highest setting, the drive belt may need to be adjusted. To adjust the

drive belt, first remove the screws from the left and right side shields (not shown). Note: There are two different sizes of screws in the side shields. Be sure to note the location of each screw. Then, gently pull the side shields apart and remove the convenience tray.

Next, locate the Idler Screw (68) and loosen it one half turn. Step onto the elliptical exerciser and move the pedals. If the pedals continue to slip, turn the Idler Screw another half turn and test the pedals again. Continue in this way until the pedals no longer slip. Then, replace the convenience tray and reattach the side shields.
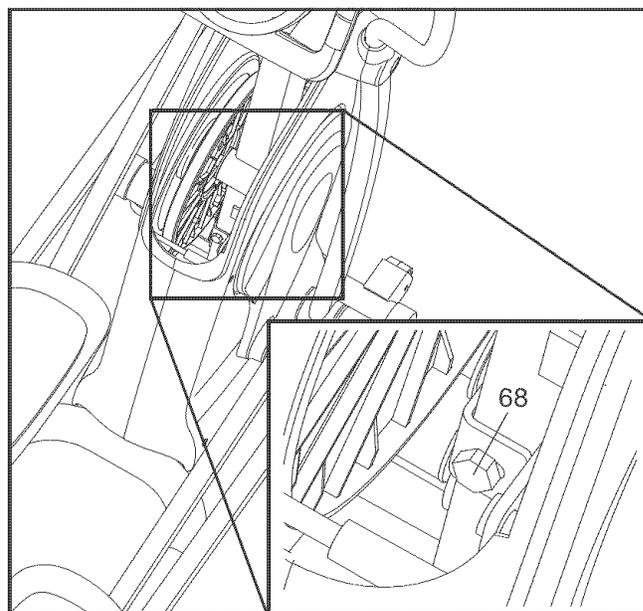
CONDITIONING GUIDELINES

The following guidelines will help you to plan your exercise program. Remember that proper nutrition and adequate rest are essential for successful results. Each workout should include the following three parts:

Warming Up—Begin each workout with 5 to 10 minutes of stretching and light exercise. A proper warm-up increases your body temperature, heart rate, and circulation in preparation for exercise.

Training Zone Exercise—Each workout should consist of 20 to 30 minutes of exercising with your heart rate in your training zone. Note: During the first few weeks of your exercise program, do not keep your heart rate in your training zone for longer than 20 minutes.

Cooling Down—End each workout with 5 to 10 minutes of stretching. This will increase the flexibility of your muscles and will help to prevent post-exercise problems.

To maintain or improve your condition, plan three workouts each week, with at least one day of rest between workouts. Schedule your workouts for the time of day when your energy level is the highest. After a few months of regular exercise, you may complete up to five workouts each week, if desired. Remember, the key to success is make exercise a regular and enjoyable part of your everyday life.

CARDIOVASCULAR TRAINING GUIDELINES

Whether your goal is to burn fat or to strengthen your cardiovascular system, the key to achieving the desired results is to exercise with the proper intensity. The proper intensity level can be found by using your heart rate as a guide.

The chart below shows recommended heart rates for fat burning, maximum fat burning, and cardiovascular (aerobic) exercise.

165	155	145	140	130	125	115	💗
145	138	130	125	118	110	103	💗
125	120	115	110	105	95	90	♥
20	30	40	50	60	70	80	

To find the proper heart rate for you, first find your age at the bottom of the chart (ages are rounded off to the nearest ten years). Next, find the three numbers above your age. The three numbers are your "training zone." The lowest number is the recommended heart rate for fat burning, the middle number is the recommended heart rate for maximum fat burning, and the highest number is the recommended heart rate for aerobic exercise.

Fat Burning—To burn fat effectively, you must exercise at a relatively low intensity level for a sustained period of time. During the first few minutes of exercise, your body uses easily accessible *carbohydrate* calories for energy. Only after the first few minutes of exercise does your body begin to use stored *fat* calories for energy. If your goal is to burn fat, adjust the intensity of your exercise until your heart rate is near the lowest number in your training zone as you exercise. For maximum fat burning, adjust the intensity of your exercise until your heart rate is near the middle number in your training zone as you exercise.

Aerobic Exercise—If your goal is to strengthen your cardiovascular system, your exercise must be "aerobic." Aerobic exercise is activity that requires large amounts of oxygen for prolonged periods of time. This increases the demand on the heart to pump blood to the muscles, and on the lungs to oxygenate the blood. For aerobic exercise, adjust the intensity of your exercise until your heart rate is near the highest number in your training zone.

STRENGTH TRAINING GUIDELINES

During strength exercises, you must maintain proper form for the best results. Maintaining proper form involves moving through the full range of motion for each exercise and moving only the appropriate parts of the body. Exercising in an uncontrolled manner will reduce the benefits of strength exercises. On the exercise chart accompanying this manual are photographs showing the correct form for several strength exercises.

Perform each repetition of each strength exercise smoothly and without pausing. The exertion phase of each repetition should last only about half as long as the return phase. Proper breathing is also important. Exhale during the exertion phase of each repetition and inhale during the return phase—never hold your breath.

To increase the size and strength of your muscles, you must work your muscles at a level close to their maximum capacity. Your muscles will adapt and grow as you progressively increase the amount of weight that you use. You can tone your muscles by working them at a moderate percentage of their capacity. The proper amount of weight to use for each strength exercise depends on you—you must gauge your limits and select an appropriate amount of weight.

It is important to avoid overdoing it during the first few months of your exercise program. Progress at your own pace and be sensitive to your body's signals. If you experience pain or dizziness at any time while exercising, stop immediately and cool down. Find out what is wrong before continuing. Remember that adequate rest and a proper diet are important factors in any exercise program.

PART LIST—Model No. PFEL7806.0

| Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Base	51	1	Belt
2	1	Frame	52	1	Flywheel
3	2	Outer Crank Arm Cover	53	1	"C" Magnet
4	2	Inner Crank Arm Cover	54	2	Outer Bearing Set
5	1	Console	55	1	Magnet
6	1	Upright	56	1	Spring
7	2	Roller Cover	57	1	Idler
8	1	Left Handlebar	58	1	Flywheel Pulley
9	1	Right Handlebar	59	1	Clamp
10	1	Left Upright Cover	60	2	Inner Bearing Set
11	2	Handlebar Leg	61	1	Motor
12	1	Left Roller Leg	62	1	Resistance Cable Pulley
13	1	Left Pedal	63	1	Resistance Cable Set
14	1	Left Pedal Leg	64	1	Right Upright Cover
15	1	Right Pedal	65	1	Pivot Axle
16	1	Right Pedal Leg	66	2	Hub Cover
17	2	Frame Cover	67	1	Stop Screw
18	2	Inner Handlebar Cover	68	1	Idler Screw
19	2	Outer Handlebar Cover	69	1	M8 Flange Screw
20	2	Axle Bearing	70	4	M8 x 35mm Screw
21	1	Right Roller Leg	71	4	M8 x 42mm Bolt
22	2	Roller	72	4	M8 Split Washer
23	2	Stabilizer Endcap	73	4	M4 x 12mm Flange Screw
24	2	Roller Axle	74	8	M8 x 25mm Screw
25	2	Wheel	75	2	3/8" Flange Screw
26	4	Leveling Foot	76	2	Control Grip
27	4	Wheel Bearing	77	2	Pivot Bushing
28	1	Left Side Shield	78	2	Game Controller
29	1	Right Side Shield	79	37	M4 x 16mm Self-tapping Screw
30	2	Crank Axle Cap	80	8	M10 x 23mm Shoulder Screw
31	4	Axle Cap	81	2	M10 x 20mm x 1mm Washer
32	4	Pedal Leg Axle	82	4	M8 x 16mm Patch Screw
33	8	Axle Bushing	83	4	M8 x 25mm Washer
34	4	Roller Bushing	84	2	M10 x 20mm x 1.5mm Washer
35	1	Front Stabilizer	85	10	M4 x 12mm Screw
36	2	Crank Arm	86	10	M4 x 16mm Screw
37	1	Convenience Tray	87	8	M6 x 35mm Phillips Screw
38	2	Crank Hub	88	8	M6 Split Washer
39	1	Pulley Spacer	89	2	M10 x 62mm Bolt
40	1	Pulley	90	2	M10 x 78mm Button Screw
41	12	Axle Bushing	91	4	M10 x 20mm Button Screw
42	2	Pedal Leg Endcap	92	4	M10 x 20mm x 2mm Washer
43	1	Crank Sleeve	93	2	M4 x 13mm Washer
44	2	Crank Bearing Set	94	4	M10 x 25mm Washer
45	1	Crank	95	3	M8 x 16mm Button Screw
46	8	Round Inner Cap	96	6	M8 Nylon Locknut
47	4	Snap Ring	97	2	M10 Nylon Locknut
48	1	Wire Harness	98	8	Wave Washer
49	2	Base Endcap	99	4	M8 x 15mm x 4.5mm Washer
50	1	Reed Switch/Wire	100	3	Star Washer

Key No.	Qty.	Description	Key No.	Qty.	Description
101	2	M4 x 10mm Screw	109	1	Right Handlebar Wire
102	1	Rear Base Cover	110	1	Left Controller Wire
103	2	Side Base Cover	111	1	Right Controller Wire
104	1	Center Base Cover	112	1	M4 x 12mm Bright Screw
105	1	Left Frame Cover	*	4	Hex Key
106	1	Right Frame Cover	*	1	Grease
107	4	M8 x 75mm Button Screw	*	1	User's Manual
108	1	Left Handlebar Wire			

Note: "*" indicates a non-illustrated part. Specifications are subject to change without notice. See the back cover of this manual for information about ordering replacement parts.
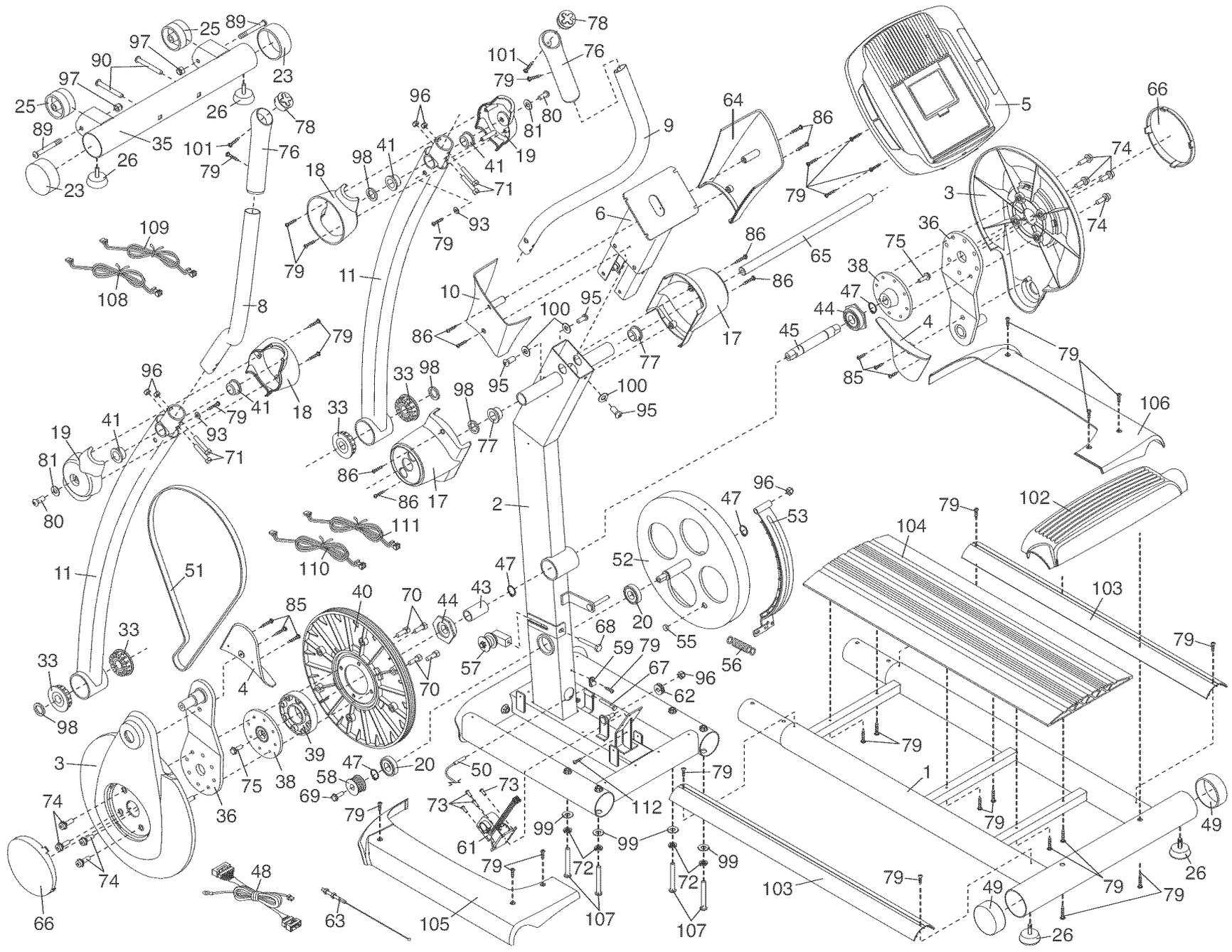
R0407A
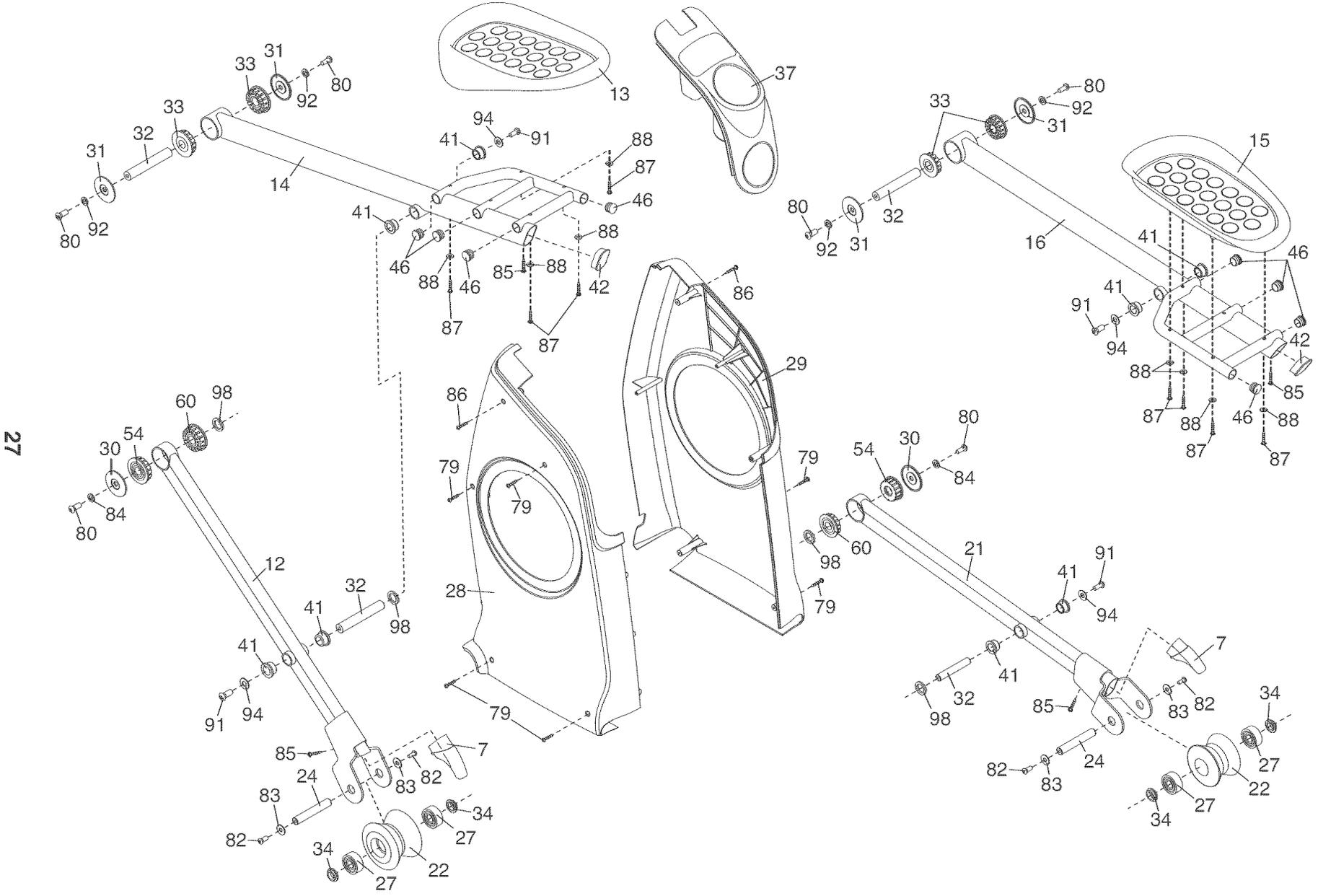
ORDERING REPLACEMENT PARTS

To order replacement parts, please see the front cover of this manual. To help us assist you, please be prepared to provide the following information when contacting us:

• the MODEL NUMBER of the product (PFEL7806.0)

• the NAME of the product (PROFORM 20.0 CROSSTRAINER elliptical exerciser)

• the SERIAL NUMBER of the product (see the front cover of this manual)

• the KEY NUMBER and DESCRIPTION of the part(s) (see pages 24 to 27)

LIMITED WARRANTY